

IN THE CLAIMS

1-4(canceled).

5(original). A nasal dilator kit, comprising:

an elongated head band adapted to generally wrap around a user's head, and fit above the user's ears;

a face pad connected to each end of the band, the face pad comprising:

an upper planar strip and a lower planar strip, the strips enclosing an end of the band;

an adhesive portion connected to an end of the lower strip opposite the end of the lower strip connected to the end of the band; and

a protective tab covering the adhesive portion, the tab being adapted to be removed from the adhesive portion and discarded, wherein the adhesive portion is adapted to connect the to the face of the user.

6(original). A method of dilating nasal passages, comprising:

providing a first pad having an adhesive portion covered by a protective tab and adapted to connect to a user's cheek;

providing a second pad having an adhesive portion covered by a protective tab and adapted to connect to a user's other cheek adjacent the user's nose;

providing a band connected between the pads and positioned around the user's head, the band providing a tension force between the pads;

removing the tab of the first pad to expose the adhesive portion;

placing the adhesive portion of the first pad on one cheek adjacent the user's nose;

providing a tension in the band;

placing the band in a desired location around the user's head;

removing the tab on the second pad to expose the adhesive portion; and

placing the adhesive portion of the second pad on the other cheek adjacent the user's nose.

7(canceled).